

Bodypump 61 Choreography Notes Pdf Download

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Choreography Notes Pdf - Weebly(slow)4x8Transitation Prepare For DeadliftStand
High, Bar On Top, Back To Set. V3Swas4x842/2 DeadliftTip Forward Slowly. I Have
You4x843/1 DeadliftA A Little Slower. Instr4x84Single DeadrowBack Again Run,
Down Hold Pull. BrYoull See2x8Transitation To Prepare For CurlsTost High, Change
Grip. RefAll Itself4x842/2 CurlCurl Slow And Sleek. I'll Mar 3th, 2024.

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Onto The Les Mills Website And Give My Feedback On The “blah” And Two Things I
Have About This ... Music: BodyPump 87 Playlist - Di Hickman No Part Of These
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87 TRACKLIST 1 Let There Be Love – Christina Aguilera 2 Black Betty – Scooter 2
Make Yo Body Pump – Let’s Make Action Dix 3 You Needed Me Boyzone 4 When I
Close My Eyes E Type Feat Body Pump 85 Choreography Notes Pdf Full April 21st,
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A Little Bit Late Which Is The Case Most Of The Time In Jordan I Was Lucky Enough

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Standing Tall, Feet Hip Distance Apart, Arms Alongside Body: Mountain Pose Inhale
1 / Exhale 1, X 10 (L&R, 5 Each Side) From Standing, Inhale Extend Arms Up
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